



CORE CONSUMER HEALTH BOOKS

**CONSUMER HEALTH LIBRARY PANEL
JANUARY 2004**

INTRODUCTION

This core bibliography includes consumer health books that have been selected and evaluated by the Consumer Health Library Panel. These books cover many subject areas for answering many types of consumer health questions, and are recommended for a basic collection in any size library. Professional level sources were not included, since those titles should be essential for and available in every VHA Medical Library; the assumption is made that those resources should be available to veterans through each Medical Library.

The titles were selected after examining books in several major VALNET libraries as well as several existing core lists of consumer health materials from the Consumer and Patient Health Information Section of the Medical Library Association. Evaluation criteria included:

- Qualifications and affiliations of the author(s)
- Readability of material, including reading level and appropriateness of tone and vocabulary
- Scope of content, including depth and balance
- Quality of writing
- Currency and accuracy of information
- Usefulness to consumers for informed decision-making

This document is only as good as its last review. To maintain the usefulness of the materials listed will be an ongoing process. Continuing assessment of new materials to consider adding will have to be done to assure that each subject area remains current and meaningful. As such the CHLP is asking for your assistance. Please contact the CHLP Exchange Mail group (VHA Consumer Health Library Panel or CHLP@hq.med.va.gov) with your recommendations for additions/deletions.

Series:

Omnigraphics

Mayo Clinic on Health

American College of Physicians Home Medical Guides

General Medical Books

American College of Physicians complete home medical guide. David R. Goldmann, editor. Dorling Kindersley. 1999. ISBN 0-7894-4412-7.

American Medical Association Complete Medical Encyclopedia. American Medical Association. Random House. 2003. ISBN 0812991001

Complete Guide to Symptoms, Illness & Surgery. H. Winter Griffith. Perigee, 2000. ISBN 0-399-52609-9.

Cornell illustrated encyclopedia of health. Antonio Gotto, editor. LifeLine Press, 2002. ISBN 0895261963.

Current medical diagnosis and treatment. Annual. Steven Schroeder, editor. Appleton Lange Pub.

Harvard Medical School family health guide. Anthony L. Komaroff, editor. Simon & Schuster, 1999. . (ISBN 0-684-84703-5). Updated on the Harvard Publications web site at: <http://www.health.harvard.edu/fhg>

Johns Hopkins family health book. Michael J. Klag, editor. Johns Hopkins University. HarperCollins, 1999. ISBN 0-06270-149-5.

Johns Hopkins symptoms and remedies: the complete home medical reference. Simeon Margolis, editor. Rebus, 2003. ISBN 0929661796.

Mayo Clinic family health book, 3rd edition. Scott Litin, editor. HarperResource, 2003. ISBN 0060002506.

Merck manual of diagnosis and therapy. 17th edition. Robert Berkow, editor. Merck, Sharp & Dohme Research Laboratories, 1999. ISBN 0911910107. Complete text available online at: <http://www.merck.com/pubs>.

Merck manual of medical information : 2nd home edition. Mark Beers, editor. Merck Research Laboratories, 2003. ISBN 0911910352. Complete text available online at: <http://www.merck.com/pubs>

Physicians' guide to rare diseases. 2nd ed. Jess G. Thoene, editor. Dowden Pub., 1995. ISBN 0962871613.

Aging

Johns Hopkins medical guide to health after 50: the latest recommendations from the Hopkins specialists. Simeon Margolis, editor. Rebus, 2002. ISBN 0929661737.

Mayo Clinic on healthy aging. Edward T. Creagan, editor. Kensington, 2001. ISBN 1893005070.

Merck manual of geriatrics. 3rd ed. William B. Abrams and Robert Berkow, editors. Merck, Sharpe & Dohme, 2000. ISBN 9110910883. (an online edition is at: http://www.merck.com/pubs/mm_geriatrics)

AIDS

The guide to living with HIV infection: developed at the Johns Hopkins AIDS clinic. 5th ed., by John Bartlett and Ann K. Finkbeiner. Johns Hopkins University Press, 2001. \$16.95. ISBN 0801867444.

Allergies

The complete allergy book. Frank K. Kwong. Sourcebooks, 2002. ISBN 1570719535.

My house is killing me!: the home guide for families with allergies and asthma. Jeffrey C. May. Johns Hopkins University Press, 2001. ISBN 0801867304.

Alternative Therapies

The American Pharmaceutical Association practical guide to natural medicines, by Andrea Peirce. Morrow, 1999. ISBN 0688161510.

The best alternative medicine. Kenneth R. Pelletier. Fireside, 2002. ISBN 0743200276.

Healing herbs: the essential guide, by H. Winter Griffith. Fisher Books, 2000. ISBN 1555612318

The natural pharmacist: drug-herb-vitamin interactions bible, by Richard Harkness. Prima, 2000. ISBN 0761530134.

The New York Times guide to alternative health. Jane Brody, editor. Henry Holt. 2001. ISBN 0805067434.

Quick access consumer guide to conditions, herbs & supplements. Integrative Medicine Communications, 2000. ISBN 0-9670772-6-5.

Tyler's honest herbal: a sensible guide to the use of herbs and related remedies. 4th ed. Varro E. Tyler. Haworth, 1998. ISBN 0789007053.

The medical advisor: the complete guide to alternative & conventional treatments. 22nd ed. Editors of Time-Life. Time-Life, Incorporated, 2000. ISBN 0737016621.

PDR for herbal medicines. 2nd rev. ed. Medical Economics Co., 2000. ISBN 1563633612.

Alzheimer's Disease and Other Dementias

The 36-hour day: a family guide to caring for persons with Alzheimer disease, related dementing illnesses, and memory loss in later life. Revised 3rd edition. Nancy Mace. Warner, 2001. ISBN 0446610410.

Alzheimer's disease: a guide for families and caregivers. Lenore Powell. Perseus, 2002. ISBN 0738205982.

Losing my mind: an intimate look at life with Alzheimer's. Thomas DeBaggio. Free Press, 2002. ISBN 0743205650.

The loss of self: a family resource for the care of Alzheimer's disease and related disorders. Donna Cohen. Revised edition. Norton, 2001. ISBN 0393050165.

Mayo Clinic on Alzheimer's Disease. Ronald C. Petersen, editor. Mayo Clinic, 2002. ISBN 1893005224.

Anatomy

Atlas of human anatomy. Frank Netter, editor. Novartis Medical, 2003. ISBN 1929007213.

The human body: an illustrated guide to its structure, function, and disorders. Charles Clayman, editor. Dorling Kindersley, 1995. ISBN 1564589927.

The World's best anatomical charts: a collection of 37 medical school quality human anatomy charts in a handy desk-sized format. 3rd edition. Anatomical Chart Company, 2000. ISBN 0960373055.

Arthritis

The Arthritis Foundation's guide to good living with osteoarthritis. Arthritis Foundation, 2000. ISBN 0912423250.

The Arthritis Foundation's guide to good living with rheumatoid arthritis. Arthritis Foundation, 2000. ISBN 0912423218.

The Arthritis Foundation's guide to managing your arthritis. Arthritis Foundation, 2001. ISBN 0912423285.

The arthritis helpbook: a tested self-management program for coping with arthritis and fibromyalgia. Kate Lorig. Perseus, 2000. ISBN 073820224X.

The hospital for special surgery rheumatoid arthritis handbook. Stephen Paget. Wiley, 2002. ISBN 0471410454.

Mayo Clinic on arthritis. 2nd edition. Gene G. Hunder, editor. Mayo Clinic, 2002. ISBN 1893005259.

Cancer

American Cancer Society Consumers guide to cancer drugs. Gail Wilkes and Terri Ades. Jones and Bartlett, 2003. ISBN 0763722545.

American Cancer Society's guide to complementary and alternative cancer methods. American Cancer Society, 2000. ISBN 0944235298.

American Cancer Society's informed decisions : the complete book of cancer diagnosis, treatment and recovery. 2nd ed. Gerald Murphy, Lois Morris, and Dianne Lange. American Cancer Society. Viking, 2001. ISBN 0-94423-527-1.

A cancer survivor's almanac: charting your journey, 2nd edition National Coalition for Cancer Survivorship and Barbara Hoffman, editor. Wiley, 1998. ISBN 0471346691.

Cancer symptom management: patient self-care guides, 2rd edition. edited by Connie Henke Yarbro, et al. Jones & Bartlett, 2000. ISBN 0763711675.

Complete cancer survival guide: everything you must know and where to go for state-of-the-art treatment of the 25 most common forms of cancer. Peter Teeley. Main Street Books, 2000. ISBN 0385486057.

Everyone's guide to cancer therapy : how cancer is diagnosed, treated, and managed day-to-day, 4th edition, by Malin Dollinger, et. al. Andrews and McMeel, 2002. ISBN 0740718568.

Living well with cancer: a nurse tells you everything you need to know about managing the side effects of your treatment. Katen Moore and Libby Schmais. G.P. Putnam, 2001. ISBN 0399146873.

Men's cancers: how to prevent them, how to treat them, how to beat them. Pamela J. Haylock, editor. Hunter House, 2001. ISBN 1897932676.

Supportive cancer care: the complete guide for patients and their families. Ernest H. Rosenbaum. Sourcebooks, 2001. ISBN 157071696X.

Caregiving

The American Medical Association guide to home caregiving. Angela Perry, editor. Wiley, 2001. ISBN 0471414093.

Eldercare 911: the caregiver's complete handbook for making decisions. Susan Beerman. Prometheus, 2002. ISBN 159102014X.

When aging parents can't live alone: a practical family guide. Ellen Rubenson. McGraw-Hill, 2000. ISBN 0737303204.

Death And Dying

Handbook for mortals: guidance for people facing serious illness. Joanne Lynn and Joan Harrold. Oxford, 1999. ISBN 0195116623.

Life and death on your own terms, by Lofty Basta. Prometheus Books, 2001. ISBN 1-57392-918-2.

Sacred passage: how to provide fearless, compassionate care for the dying. Margaret Coberly. Shambhala, 2002. ISBN 1570628505.

Talking about death won't kill you. Virginia Morris. Workman, 2001. ISBN 0761112316.

Tuesdays with Morrie: an old man, a young man, and life's greatest lesson, by Mitch Albom. Doubleday, 1997. ISBN 0-385-48451-8.

Dental Care

The Columbia University School of Dental and Oral Surgery's guide to family dental care. Rebecca W. Smith and the Faculty of the Columbia University School of Dental and Oral Surgery. W.W. Norton, 1997. ISBN 0-393-04036-4.

Nothin' personal doc, but I hate dentists!. McHenry Lee. IHD Publishing, 1999. ISBN 096748510X.

Diabetes

American College of Physicians home medical guide to diabetes. David Goldmann, editor. Dorling Kindesley, 2000. ISBN 0789452006.

American Diabetes Association complete guide to diabetes 3rd ed.. American Diabetes Association, 2002. ISBN 1580401619.

The family and friends' guide to diabetes: everything you need to know. Eve Gehling. Wiley, 2000. ISBN 0471348015.

The first year type 2 diabetes: an essential guide for the newly diagnosed. Marlowe and Co., 2001. ISBN 1569245460.

Insulin pump therapy demystified: an essential guide for everyone pumping insulin. Gabrielle Kaplan-Mayer, 2003. Marlow & Co., 2003. ISBN 1569245088.

Mayo Clinic on managing diabetes: practical answers to help you enjoy a healthy and active life. Kensington, 2001. ISBN 1893005062.

Dictionaries And Encyclopedias

Dictionary of medical acronyms & abbreviations. 4th ed. Compiled and edited by Stanley Jablonski. Hanley & Belfus/distributed by C.V. Mosby, 2001. ISBN 1-5605-3460-5.

Dictionary of medical syndromes. By Sergio Magalini. 4th ed. Lippincott, 1997. ISBN 0-397-58418-4.

Dorland's illustrated medical dictionary, 30th ed. Saunders, 2003. ISBN 0721601464.

The HarperCollins illustrated medical dictionary, by Ida Dox. HarperResource, 2001. ISBN 0-06-273646-9.

Mosby's Medical, Nursing & Allied Health Dictionary 6th ed. WB Saunders, 2002. ISBN 0323014305.

Directories

American Hospital Association guide to the health care field. Annual. American Hospital Association.

Directory of physicians in the United States. 38th ed. 2002. American Medical Association, 2002. 4 volumes. ISBN 1579472869.

The Official ABMS compendium of certified medical specialists. Annual. Elsevier Health Science. 4 volumes. available online at the ABMS web site at: <http://www.abms.org>

Diet And Nutrition

The American Dietetic Association complete food and nutrition guide, 2nd edition, by Roberta Duyff. Wiley, 2002. ISBN 0471441449.

Food values of portions commonly used (Bowes and Church's). 18th ed. Jean A. Pennington, Lippincott, 2004. ISBN 0781744296.

Nutraceuticals: the complete encyclopedia of supplements, herbs, vitamins, and healing foods, edited by Arthur Roberts, et al. Berkley, 2001. ISBN 0399526323

PDR for nutritional supplements. 1st edition. Thomson Healthcare, 2001. ISSN 15343642.

Drugs - Prescription And Non-Prescription

Free (or almost free) prescription medications, by Johnson, David. Robert D. Reed. ISBN 1-931741-15-8. pap \$19.95.

Medication teaching aids, 2nd edition. Springhouse Corp, 1999. ISBN 0-87434-942-7.

Physicians' desk reference. Annual.

USPDI: United States Pharmacopeia dispensing information. U.S. Pharmacopeia Convention. updated annually. Vol 2 - Advice for the Patient.

Physicians' desk reference. Annual. Medical Economics Generally due in November of each year.

Ear, Nose & Throat

Mayo Clinic on hearing: strategies for managing hearing loss, dizziness and other ear problems. Wayne Olsen. Mayo Clinic, 2003. ISBN 1893005291.

Tinnitus: a self-management guide for the ringing in your ears. Jane Henry. Allyn and Bacon, 2002. ISBN 0205315372.

Genetics

The encyclopedia of genetic disorders and birth defects. James Wynbrandt and Mark D. Ludman. 2nd Ed. Facts on File, 1999. \$65.00. ISBN 0816038090.

Gastrointestinal Disorders

Coping with chronic heartburn: what you need to know about acid reflux and GERD. Elaine Shimberg. St. Martin's Press, 2001. ISBN 031226884X.

Dr. Melissa Palmer's guide to hepatitis & liver disease: what you need to know. Melissa Palmer. Avery, 2000. ISBN 0895299224.

The first year—Crohn's disease and ulcerative colitis: an essential guide for the newly diagnosed. Marlowe and Col, 2002, ISBN 1569245320.

The first year—hepatitis C: an essential guide for the newly diagnosed. Cara Bruce. Marlowe, 2002. ISBN 156924541X.

Mayo Clinic on digestive health. John E. King, editor. Mayo Clinic, 2000. ISBN 1893005046.

The sensitive gut. Michael Lasalandra. Fireside, 2001. ISBN 0743215044.

Grief

A broken heart still beats: after your child dies. Edited by Anne McCracken. Hazelden, 1998. ISBN 1-56838-201-4.

How can I help?: reaching out to someone who is grieving. June Kolf. Fisher Books, 1999. ISBN 1-55561-187-7.

The orphaned adult: understanding and coping with grief and change after the death of our parents. Alexander Levy. Perseus Books, 1999. ISBN 0-7382-0361-0.

Head Injury

Living with brain injury. Philip Fairclough. Jessica Kingsley, 2002. ISBN 1843100592.

Heart Disease

American College of Physicians home medical guide to coronary artery disease. David R. Goldmann, editor. Dorling Kindersley, 2000. ISBN 0789451549.

Cleveland Clinic heart book. Edited by Eric J. Topol. Hyperion, 2000. ISBN 0-7868-6495-8.

The female heart: the truth about women and heart disease. Marianne Legato. HarperCollins, 2000. ISBN 0-688-18065-5.

Mayo Clinic heart book: the ultimate guide to heart health. 2nd Ed. Bernard J. Gersh, Ed. William Morrow, March 2000. \$30.00 ISBN 0-688-17642-9.

The state of the heart: the practical guide to your heart and heart surgery. Larry Stephenson. WriteStuff Enterprises, 1999. ISBN 0-945903-26-X.

Women are not small men: life-saving strategies for preventing and healing heart disease in women. Nieca Goldberg. Ballantine Books, 2002. ISBN 0345440986.

Medical Tests and Diagnostics

Johns Hopkins consumer guide to medical tests: what you can expect, how you should prepare, what your results mean. Simon Margolis, editor. Rebus, 2001. ISBN 0-929661-63-X.

A manual of laboratory diagnostic tests. 6th ed. Frances Fischbach. Lippincott, 2000. ISBN 0-397-55186-X.

The patient's guide to medical tests: everything you need to know about the tests your doctor orders. 2nd edition. Joseph Segen. Checkmark Books, 2002. ISBN 0816046514.

Yale University School of Medicine patient's guide to medical tests. Faculty members of the Yale University School of Medicine. Houghton Mifflin, 1997. ISBN 0-395-76536-6. (full-text available at http://my.webmd.com/content/asset/yale_lab_tests_index.html)

Men's Health

American Medical Association complete guide to men's health, edited by Angela Perry. Wiley, 2001. ISBN 0-471-41411-5.

Dr. Patrick Walsh's guide to surviving prostate cancer. Patrick Walsh. Warner Books, 2001. ISBN 0446526401.

The Harvard Medical School guide to men's health. Harvey B. Simon. Simon & Schuster, 2002. ISBN 0-684-87181-5. \$27.00.

Mayo Clinic on prostate health. David M. Barrett, editor. Mayo Clinic, 2000. ISBN 1893005038.

Mental Health

The bipolar disorder survival guide: what you and your family need to know. David Miklowitz. Guilford Press, 2002. ISBN 1572305258.

Caring for the mind: the comprehensive guide to mental health. Dianne Hales and Robert E. Hales. Bantam Doubleday, 1996. ISBN 0553375113.

Diagnosis: schizophrenia: a comprehensive resource for patients, families, and helping professionals. Columbia University Press, 2002. ISBN 0231126255

Harvard guide to psychiatry. Edited by Armand M. Nicholi. Harvard University Press, 1999. ISBN 0-674-37570-X.

Mayo Clinic on depression. Keith Kramlinger, editor. Mayo Clinic, 2001. ISBN 1893005178.

A Primer on mental disorders: a guide for educators, families, and students, edited by Thomas Allen. Scarecrow Press, 2001. ISBN 0810839199.

The PTSD workbook. Mary Beth Williams. New Harbinger, 2002. ISBN 1572242825.

Surviving manic depression: a manual on bipolar disorder for patients, families, and providers. E. Fuller Torrey. Basic Books, 2002. ISBN 0465186632.

Musculoskeletal Diseases And Injuries

All about joints: a maintenance guide. Irwin Siegel. Demos, 2002. ISBN 1888799560.

All about muscle: a user's guide. Irwin Siegel. Demos, 2000. ISBN 1888799420.

American College of Physicians home medical guide to osteoporosis. David Goldmann, editor. Dorling Kindersley, 2000. ISBN 0789447821.

The carpal tunnel helpbook: self-healing alternatives for carpal tunnel and other repetitive strain injuries. Scott Fried. Perseus, 2001. ISBN 0738204552.

The knee sourcebook. Marc Darrow. Contemporary, 2002. ISBN 0737305444.

The multifidus back pain solution. Jim Johnson. Airlift, 2002. ISBN 157224277.

Wear and tear: stop the pain and put the spring back in your body. Bob Arnot. Simon & Schuster, 2003. ISBN 0743225554.

Neurological Disorders

100 questions about Parkinson Disease. Abraham Lieberman. Johns & Bartlett. 2003. ISBN 0763720577.

American College of Physicians home medical guide to Parkinson's disease. David Goldmann, editor. Dorling Kindersley, 2000. ISBN 0789441691.

The brain disorders sourcebook. Roger Cicala. Lowell House, 1999. ISBN 0737300930.

Living with stroke: a guide for families, 3rd edition. Richard Senelick. Delmar Publishers, 2001. ISBN 1891525107.

Numb toes and aching soles: coping with peripheral neuropathy. John Senneff. MedPress, 1999. ISBN 0967110726.

Pain Management

American Cancer Society's guide to pain control. American Cancer Society, 2001. ISBN 0944235336.

Managing pain before it manages you. Rev. edition. Margaret Caudill. Guilford Press, 2002. ISBN 1572307188.

Mayo Clinic on chronic pain, 2nd edition. David Swanson, editor. Mayo Clinic, 2002. ISBN 1893005275.

Pain management patient education manual. Aspen, 1999. ISBN 083420634X.

Understanding chronic pain. Angela Keostler. University Press of Mississippi, 2002. ISBN 1578064406.

Patient Advocacy

After any diagnosis: how to take action against your illness using the best and most current medical information available, by Carol Svec. Three Rivers press, 2001. ISBN 0-609-80669-6.

Making informed medical decisions: where to look and how to use what you find. Nancy Oster, Lucy Thomas and Darol Joseff. O'Reilly & Associates, 2000. ISBN 1565924592.

Reproducible Guides

Cancer symptom management: patient self-care guides, 2nd edition. edited by Connie Henke Yarbro, et al. Jones & Bartlett, 2000. ISBN 0-7637-1167-5. (Also listed under "Cancer")

Cardiovascular patient education manual, 2nd edition, edited by Sara Nell DiLima. Aspen, 2001. ISBN

Diabetes patient education manual. Aspen, 1999. ISBN 0834212757.

Ferri's patient teaching guides. Fred Ferri, Editor. Mosby, 1999. ISBN 0-8151-8397-6.

Griffith's instructions for patients. 6th ed. H. Winter Griffith. W.B. Saunders, 1998. ISBN 0721673759.

Instructions for geriatric patients, 2nd edition, by William Sodeman. Saunders, 1999. ISBN 0721674909.

Instructions for surgery patients. Steven Economou. W.B. Saunders, 1999. ISBN 0721671888. (Also listed under "Surgery")

Medication teaching aids, 2nd edition. Springhouse Corp, 1999. ISBN 0874349427. (also listed under the "Drugs" section)

Mosby's handbook of patient teaching, 2nd edition, by Mary Canobbio. Mosby, 2000. ISBN 0323011039.

Pain management patient education manual. Aspen, 1999. ISBN 083420634X. (also listed under "Pain Management.")

Respiratory

The chronic bronchitis and emphysema handbook. Francois Haas. Wiley, 2000. ISBN 047123995X.

Every breath I take: a guide to living with COPD. Rick Hodder. Stoddart, 2001. ISBN 0773761446.

Surgery

The anesthesia fact book: everything you need to know before surgery. Frank Sweeny. Perseus, 2003. ISBN 073820823X.

Instructions for surgery patients. Steven Economou. W.B. Saunders, 1999. ISBN 0-7216-7188-8.

Organ transplants: making the most of your gift of life. Robert Finn. O'Reilly, 2000. ISBN 156592634X.

Second opinion: the Columbia Presbyterian guide to surgery. Eric A. Rose. St. Martin's Press, 2000. ISBN 0312205848.

The surgery book: an illustrated guide to 75 of the most common operations. Robert A. Youngson, 1997. ISBN 0312152183.

Under the mask: a guide to feeling secure and comfortable during anesthesia and surgery. James Cottrell. Rutgers University, 2001. ISBN 081352878X.

Understanding surgery: a comprehensive guide for every family. Joel Berman. Branden Books, 2001. ISBN 0828320616.

Vision

The aging eye. Sandra Gordon. Fireside, 2001. ISBN 0743215036.

Coping with vision loss: maximizing what you can see and do. Bill Chapman. Hunter House, 2001. ISBN 0897933168.

The eye care sourcebook. Jay Lavine. Contemporary Books, 2001. ISBN 0737303956.

The macular degeneration sourcebook: a guide for patients and families. Bert Glaser. Addicus Books, 2002. ISBN 1886039534.

Mayo Clinic on vision and eye health. Helmut Buettner, editor. Mayo Clinic, 2002. ISBN 1893005208.

Women's Health

Dr. Susan Love's breast book. 3rd rev. edition. Susan M. Love. Perseus, 2000. ISBN 0738202355.

Dr. Susan Love's menopause and hormone book: making informed decisions. Susan M. Love. Three Rivers Press, 2003. ISBN 0609809962.

Our bodies, ourselves: a book by & for women: 25th anniversary. Boston Women's Health Collective Staff. Bt Bound, 1999. ISBN 0785780726. Select, online excerpts from this book can be found at: <http://www.ourbodiesourselves.org/excerpts.htm>

The V book: a doctor's guide to complete vulvovaginal health. Elizabeth Gunther Stewart. Bantam, 2002. ISBN 0553381148.

Women's health and wellness: an illustrated guide. Anatomical Chart Co., 2002. ISBN 1587790564.

Women's Health: a guide to symptoms, illness, surgery, medical tests & procedures, by H. Winter Griffith. Perigee Books, 1999. ISBN 0-399-52518-1.

The Yale guide to women's reproductive health from menarche to menopause. Mary Jane Minkin. Yale University Press, 2003. ISBN 0300098200.